



Chapter 3 – Discovering the Lifespan

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Tutoring 4-6pm at the CLC Mon – Thursday and Sundays



Overview

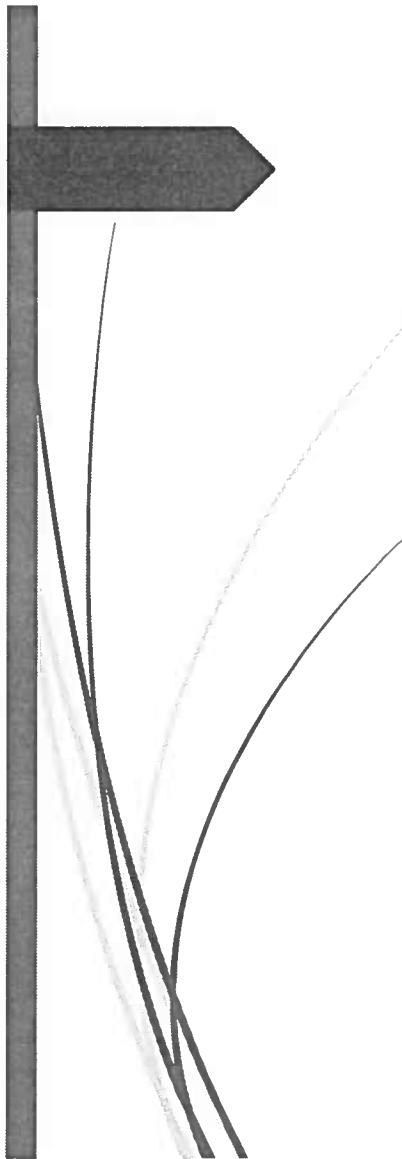
- ▶ Brief review

- ▶ **Discussion question papers** are due between today and the upcoming Monday. (I appreciate early submissions) After 10pm Monday I will not accept the paper. It must be sent via email, and will be returned to you the next class period.
- ▶ I have posted a video on writing expectations on canvas.
- ▶ Next week we will review this material, have a brief discussion, and then move onto chapter 8. That will be the format for the rest of the semester.



Cont.

- ▶ **Tests** can be taken after we review the chapter.
 - ▶ The tests will consist of: majority multiple choice questions, and some essay questions. The essay questions may consist of several discussion questions covered for that week.
- ▶ **Questions? Concerns?**
 - ▶ Grades will be given to Mr. R and he'll input it. You will see a update every week.



Chapter 3 – Themes

- ▶ There are three themes we will look at:
 - ▶ Nature versus Nurture – How does our genetic inheritance (our nature) interact with our experiences (our nurture) to influence our development?
 - ▶ Continuity and stages – What parts of development are gradual and continuous, like riding an escalator? What parts change abruptly in separate stages, like climbing rungs on a ladder?
 - ▶ Stability and change – which of our traits persist through life? What changes as we age?



The Beginning

- Development begins and can be effected by teratogens during prenatal development.
 - Especially between week one and week eight.
 - Teratogens – certain viruses, drugs, or alcohol. Even types of medication taken by the mother could adversely affect the developing baby.



Fetal Alcohol Syndrome

- ▶ This is seen by marked lifelong physical and mental abnormalities
 - ▶ During the time the mother was pregnant, she consumed alcohol during the first eight weeks, and this is a vulnerable time for the development of the baby. Once they reach the later stages of prenatal development they will have greater chances of survivability if they encounter teratogens during this time.



Cont.

- ▶ Fetal damage can occur for alcohol has an epigenetic effect.
 - ▶ Epigenetic – the study of environmental influences on gene expression that occurs without a DNA change
- ▶ Beginning in the womb, life experiences lay down epigenetic marks, which are often organic molecules.
- ▶ These molecules can block the expression of any gene in the DNA segment they affect



Infants

- ▶ As infants age they are able to gain control over motor movement and memory
 - ▶ Prior to the age of four, a age none of us remember, we are effectively storing information, and applying it to experiences we would face.
 - ▶ Infantile amnesia is the reason we do not remember our early years.



Piaget's Stages of Cognitive Development

- The first is Sensorimotor: Experiencing the world through sense and actions
 - The age range where this occurs is between birth to two years of age. Infants also begin to develop stranger anxiety
- The next is Preoperational: Representing things with words and images; using intuitive rather than logical reasoning.
 - The age range is typically between two and seven, and they have a hard time taking another person's point of view. This is called Egocentrism.



To finish

- ▶ Concrete Operational – Thinking logically about concrete event; grasping concrete analogies and performing arithmetical operations
 - ▶ This typically occurs around six to eleven years.
- ▶ The final stage is Formal Operations: where using abstract logic is more common despite algebra being useless.



Social Development in Babies

- ▶ Babies are social creatures – around eight months they begin to develop object permanence
 - ▶ This is when they become mobile and they also develop stranger anxiety. Now they aren't so easily passed to relatives. They begin to develop schemas for familiar faces.
 - ▶ A mental image of how caretakers should look.



Attachment Style

- ▶ Attachment begins when they are infants, this is a powerful survival impulse which keeps their infants close to their caregivers.
- ▶ Mary Ainsworth observed mothers and their infants at six months. She later observed them when they were one years old.
 - ▶ She observed that 60% of the infants display secure attachment. While the rest either suffer from an insecure attachment, which is marked by anxiety or avoidance of trusting relationships.



Attachment Style (cont.)

- ▶ Insecure attachment: is marked by infants who are less likely to explore their surroundings. Anxiously attached infants may cling to their mother.
- ▶ When she leaves they might cry and become upset.
- ▶ Avoidant infants don't seem to notice nor care about a mother's departure or return.



Early Attachment Affecting Adult Relationships

- ▶ People who say they have had secure relationships with their parents when they were children, tend to enjoy secure friendships.
- ▶ Adult styles of romantic love mirrors infant attachment styles, being secure, avoidant, or anxious.
 - ▶ Adults can either be constantly craving acceptance, but are overly alert to signs of possible rejection.
 - ▶ The other is avoidance, when individuals experience discomfort when getting closer to others and using avoidant strategies to maintain distance from others.



Adolescence – Physical and Cognitive Development

- ▶ Adolescence begins with puberty – where it is the time a person matures sexually.
- ▶ Maturing early or later doesn't affect adult physical features, like your height. It doesn't matter when you mature, but how people respond to it.
 - ▶ Dependent upon when one matures is dependent upon their overall body fat. Those who have a higher percentage generally mature earlier than their peers who have low body fat percentages.



Physical maturation

- ▶ Boys who mature early are generally stronger and more athletic than their peers who do not mature early.
 - ▶ They are popular in the early years of high-school and are independent. However, they are at risk for delinquency, and may drink more alcohol than their peers.
- ▶ For females who mature early it is different. They tend to be cast aside from their peer groups, for they are more physically mature and will be ridiculed by peers who aren't physically mature.
 - ▶ The reason this occurs is due to them acquiring attention from other boys when they are unable to.



Cognitive Development

- ▶ Early teen years, reasoning is focused on the self. Adolescents tend to think that their experiences are unique and parents can never understand.
 - ▶ When adolescents achieve their intellectual peak, Piaget calls formal operations, where they apply their new abstract thinking to the world around them.
 - ▶ They are able to reason logically and spot hypocrisy and detect inconsistencies in others' reasoning.



Moral Development

- ▶ Kohlberg studied moral thinking, he reasoned there were three different stages
 - ▶ Preconventional morality – self-interest; obey rules to avoid punishment or gain concrete rewards
 - ▶ Conventional morality – uphold laws and rules to gain social approval or maintain social order
 - ▶ Post-conventional morality – actions reflect belief in basic rights and self-defined ethical principles
- ▶ IF you had to steal food or medicine for your family would you do it? Dependent upon your answer is where you'd fall into the certain levels of moral thinking



Erikson's Stages of Psychosocial Development

- ▶ Erik Erikson theorized that the individual must resolve a specific crisis at each stage of life
- ▶ At your table list in order the stages of psychosocial development and discuss what are the possible implications of not completing or resolving a certain stage.



Identity

- Question

- Is there an identity crisis? What do you think?
- I don't think there is, adolescents are simply attempting to figure out their place in life, and seeing where they fit in society.
- Definition – Identity – the fact of being who or what a person or thing is
 - Crisis – a time of intense difficulty, trouble, or danger
 - It could be argued that a person who has an identity crisis is someone who has worked a career for twenty years, then stops, moves, and changes careers and repeats that behavior.



Adulthood

- ▶ There are several stages in adulthood each with their own challenges
 - ▶ Early adulthood – all physical abilities peak out by mid twenties – which is discouraging when I think about that.
 - ▶ Middle Adulthood – physical decline is gradual, but the pace does pick up over time. Aging also brings a gradual decline in fertility for both sexes.
 - ▶ Late adulthood – Individuals become aware of their lack of physical abilities, vision decreases, and there are also cognitive declines.



Adulthood (cont.)

- ▶ There is a decline in brain cells and by age 80 the brain loses five percent of its former weight. The frontal lobes of adults decrease, which helps restrain impulsivity, and this explains why older adults are more blunt.
- ▶ Although if adults are physically active they are able to slow the aging process.
 - ▶ Exercise promotes neurogenesis – the birth of new nerve cells – in the hippocampus, a brain region important for memory.



The End

- ▶ What have you taken away from today?
 - ▶ Remember the discussion question paper is due between now today and this upcoming Monday
 - ▶ WE will review this material next week, and jump into Chapter 8 so read and be prepared.
 - ▶ Watch your email on Friday for I might send you a link to a discussion question.



Kahoot Quiz

- ▶ Just to review. We'll take a quick kahoot quiz and then end class.
- ▶ Go to Google Search and then type in kahoot.it.
 - ▶ You'll see a screen with a game pin, you'll enter it, and type in the team name. Each table is a team, and one person has to be doing this right now.
 - ▶ Not graded, just a way for me to see if you were awake, and paying attention during class.



Works Cited

- Myers, David G., and Nathan C. Dewall. *Psychology in Everyday Life*. New York, NY: Worth, 2012. Print.